

TRAWELL

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An erasmus + magazine for trawellers

Ticket to your future

By Stelina Bocakova

Everybody wants to get the job of their dreams, do what they love to do and have a full-fledged and happy life. Here are some tips, concerning how we are able to deal with it and preparing to take a ticket to our future.

So how can the things I do on campus prepare me for a job? Certainly, studying and learning the material in class will help, but is there anything else I need to do? It's a time to explore and learn more about yourself.

Set up a LinkedIn and know your resume by heart so you are prepared whenever an opportunity presents itself! Connect to friends and workrelations so you can build a worknetwork.

So here's my list of the Top 6 things to do to help prepare for your future career:

1. **Expand your comfort zone and try something new** - Join a group, take on a project, take a class in an area you haven't explored yet or study abroad.

2. **Explore the World of Work** - Go to a Career Fair. If you are a sophomore or junior research what companies/organizations are will be present and check out the internships and summer jobs. As a senior continue to connect, research, and look for job opportunities.

3. **Be prepared** - Attend career workshops and events. Learn how to dress for success, prepare for the Career Fair, brand your image, create your resume. You never know when an opportunity might present itself and you want to be ready.

4. **Know Yourself** - Take time to reflect on who you are and where you are headed. Who am I? What do I get excited about? What do I value? What major should I choose. You can take several career assessments including the MBTI, Strong Interest Inventory, and Sigi3.

5. **Connect** - Network with everyone you know: friends, family, faculty/staff, neighbors/community, clubs/organizations, employers/co-workers, professional associations, and professional social media

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CROSSING BORDERS

BY JOLIEN DEPUYDT

When you go abroad there are a few things you should keep in mind. Travelling sounds fun, but if you don't prepare your travel you will die (just kidding). Here is what you need to know as a basic knowledge before you get on the plane, train, car... First of all you should think about the climate so you can prepare yourself on beforehand and pack your clothes, shoes and other useful items and adapt it to the environment. It's also important to get knowledge about the culture and traditions of the country that you want to visit. Pay attention to local habits, national holidays and ways you could offend the inhabitants. If you are visiting as a tourist it might be helpful to know where you can experience the local festivities, the local known dishes, places you must visit... Always stay open minded and remember, you are visiting a new place, new culture. You should adapt to their culture, not the other way around. Countries are unique in their law system. It might surprise you that some things that seem normal in your country are prohibited in other countries. Be sure to follow not only the law, but remember that every country has their own informal rules. For instance if you visit Italy be sure to be dressed decently if you visit their churches.

Do a quick actua check about the country before you depart. Some countries can struggle with safety issues and can't guarantee your wellbeing when you visit. Think about the forest fires in Greece, the Ebola virus that hit a few African countries, the explosions in the Belgian airport, the earthquakes and volcano eruptions in Asia and Latin America... be sure to check the political situation as well.

The Germans can travel the world without a visa, but that doesn't necessarily mean that you can. Check with your travel agency, the internet,.. if you need to apply for a visa if you want to travel to the country you're thinking about visiting. In Europe we are lucky to be able to travel without one!

Let's talk money! Coins, bills... you need it. You can prepare by swopping money in your own country already or you can decide to withdraw some money in the airport. Be aware that they will charge you extra in the airport. Currencies are easy to find online, or you can check them when you arrive in the airport.

We already mentioned the Ebola virus, but let's discuss your health a little more. When you travel abroad, you need to check the advised vaccines! If you visit a new country and culture, taste their food and use their facilities your body might not be used to their bacteria's. That's where your preparation comes in handy. If you have a weak stomach

provide yourself with some pills, make an appointment with your doctor for the needed vaccines and ask him/her for more health information about the country you are visiting. You will prefer to spend time traveling and enjoying yourself instead of spending the week on the toilet.

Accommodation. There are many many options to travel. Either you book an all in resort or you go camping in the mountains, you need the information where you can sleep, cook, shower... you can travel in a cheap way with couchcurfing, Airbnb or a tent or you can book hostels, hotels, bed and breakfasts, the option is yours. You can book online on websites like booking.com or you can go to a travel agency and they will help you book the option that fits your needs.

The first clear difference about a country and their inhabitants will probably be the difference in language. Some languages will be clear to you because they have a similar base, but some might be Chinese to you (☹). Help yourself by learning the basics like good morning, thank you, please, numbers,... and all the WH-questions. The second most helpful tool in your body, so if you don't understand someone you can always fall back on your mimic and sign language.

Last but not least is the knowledge about public or private transportation. Will you travel by bus, train, car, bike,...? How expensive will this be and how does the local system work? These are important questions you need to ask yourself before you arrive in a country.

Well there you have it! If you consider to think about these subjects your travel will be a smooth and great experience! So Enjoy!

We are looking forward to receiving you in our country's and cultures!



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A CHANGE IN SCENERY

BY MARA TORDE

Nowadays it is common for people to start working abroad, some do it because of the travel or experience or for some people it a necessity because the job market in their own country is limited. Everybody has their own reasons, and these reasons can be variate a lot. You can either make this big change in your life because of boredom, when your current job might just not satisfy you anymore, or maybe you just want to travel and try new experiences. My tip for someone planning to work abroad is to put your thoughts in order and ask yourself: 'why am I doing this?' giving an answer to that question can make all the differences in the future, you wouldn't want to regret this later in life. Make a list of pros and cons so you have a clear view on why you are making this decision.

When you choose a destination you should take it into account that you might have to learn some new customs and prepare yourself to integrate in the community. Also, don't be afraid to ask. You can find almost everything you need on the Internet, but Your friends and acquaintances could have some useful knowledge that you could use. Information about certain regions and how well foreigners can integrate can be asked to locals, colleagues or new made friends.

Once you set your mind up for something you can go to the next step.

Where are you going?

Once the decision to go abroad has been made, your next move is to learn. Learn about the people you are going to work with/for, learn how to fit in and some basics for how to get by in daily life. Search for that country's laws. It may seem like a boring task, but this is necessary so you don't unintentionally disturb the ones around you. Depending on your chosen field of work your knowledge of the language is important. For example, a basic understanding is enough if your new job involves manual labor, but if you are aiming for a higher educated job your vocabulary should be wide enough to perform accordingly.

If your economic situation is what is pushing you to make this change then you must take into consideration that although your new salary might be better, the living expenses might also differ, so make sure you are not going from bad to worse and meet with the same problems you were running from at the beginning.

Here's a few things you should do before your departure

First of all you should find accommodation, this is not something you can leave for the last moment. You need the stability of a home when job searching takes longer than anticipated. Second, the services could be very different from what you know so don't postpone making a list of the emergency numbers, means of transportation, documents for insurance and health benefits, also there could be small things that at first seem insignificant, but knowing from before where to do your laundry and where to shop for certain things can influence your wellbeing in that new environment.

How to find out which job is perfect for you

By Marysia Hedzielska

We all know our good and bad sides. But it is important to know what skills are right for our future job, what are our strengths and how do we use them. If you don't know what your skills are, you can find out by putting yourself in very different situations. How do you react, adapt, communicate in different situations? The answers to these questions can help you to discover your professional competences as well. It will help you to get the knowledge about yourself and it will help you to become more confident when you apply for a job. There is a few competences that will help you get your dream job. For example is better if you are trustworthy, responsible, a good team worker, and always on time, because everyone would like to work with you and have you on the team. What's also important is the ability to do many things at once. Pick your best competences and use them like your super power. The best job for you will be the work in which you can use your skills and competences, but still grow in experience. I know that it might be difficult but it is the key to your happiness and a successful life. Because when you will find a job that is based on your strengths and competences it won't be only work, but also a daily joy, and trust me you will love it.



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